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In the Specification (clean form of replacement and/or added paragraph(s) - CFR 1.121(b)(ii)):

Delete the paragraph at lines 16-19 of page 4 and replace such deleted paragraph with the following replacement paragraph:

-- Preferably, post 3 has a substantially "U" shaped section (Fig. 3) and is provided with means for anchoring to a bicycle frame or a similar member. In this particular case, said anchoring means consist of two holes 6 formed in corresponding recesses 7 for screw heads.--